

Berry Delicious Smoothie

1 ripe banana
1/2 cup strawberries or berries of choice
1 container Greek yogurt (optional)
1 cup Milk or non dairy milk
Optional add ins:
ground flaxseed
ground chia
oatmeal



INSTRUCTIONS

Place ingredients in blender.
Blend until smooth.

Cloud Dip with Rainbow Fruit

6 ounce container of plain Greek yogurt
8 ounces reduced fat cream cheese
1/4 cup powdered sugar
1 teaspoon vanilla extract
Easy to eat fruit in rainbow colors (strawberries, blueberries, mango, banana or pineapple, kiwi or green grapes)

Instructions

Combine yogurt, cream cheese, powdered sugar, and vanilla extract until smooth, using a hand mixer or food processor..
Place dip into a 1 cup serving dish.
Serve with a plateful of rainbow fruit, dipping fruit into dip.

Apple Donuts

INGREDIENTS

1 apple, cut into thick slices
Nutella or Peanut Butter
Sprinkles or chocolate chips

INSTRUCTIONS

Have a parent cut a circle in the middle of your apple.
Spread nutella or peanut butter on your apple slice.
Top with sprinkles or chocolate chips.



Bagel Pizzas

INGREDIENTS

2 mini bagels or 1 regular sized bagel
Pizza sauce
Shredded cheese of choice

INSTRUCTIONS

Preheat oven to 400 degrees.
Cut or split bagels into 2 parts.
Top with pizza sauce and shredded cheese.
Bake for 8-10 minutes.

